

General Information for Gynecomastia Patients

Please read the following information carefully

Information before your surgery...

The night before your surgery, please do not have anything to eat or drink after midnight. This includes water, candy, and mints.

The office or hospital will call you the day before your surgery to confirm your arrival time.

It is recommended that all patients wear loose, comfortable clothing on the day of surgery. Please do not wear any make-up, contact lenses or jewelry.

We recommend for our patients to quit smoking as soon as possible. Please do not smoke 2 weeks before and after your surgery, as this may cause complications with your healing process.

Regular prescription medicine can be taken as usual. If you need to take something on the day of your surgery, please use a minimal sip of water.

Aspirin (ASA) and other anti-inflammatory medication

The following medications should be stopped 7 days before surgery, as they can cause excessive bleeding and bruising during and after your surgery. Please consult Dr. Seal when you should restart the medication post-operatively:

- Aspirin (ASA). **Please discuss this with Dr. Seal.**
- Non-steroidal anti-inflammatory medication such as Ibuprofen (Advil), Naproxen and others.
- Anti-coagulants and blood thinners (Warfarin/Coumadin). **Please discuss this with Dr. Seal or the pre-operative nursing staff when they call to confirm your operation time.**
- Herbal medications - Check with your doctor.
- Vitamin E

Recreational drugs or alcohol should not be used 24 hours before and after your surgery. These can interact with your anaesthetic and/or post-operative pain medication and cause serious complications.

You will need to have a responsible adult accompany you to and from the hospital. There should also be someone who can stay with you 24 hours after your surgery. If you do not have someone to do this, please let the office know and arrangements can be made to hire a nursing escort. If you are traveling to Vancouver, please make arrangements to stay within the lower mainland overnight after your surgery.

Information after your surgery...

1. You will be given a prescription for medication to make you more comfortable after your surgery. Take the medication as it is prescribed. During the first 2-3 days, do not wait to feel any discomfort, and plan to take the medication regularly. You should refrain from driving while taking these medications.
2. You will have surgical tape called Steri-Strips on all of your incisions, as well as, covering dressings. Your first dressing change will be done in the office during your follow-up visit. You can sponge bath after your surgery and start shower after 7 days. Please leave the Steri-Strips in place and they will gradually fall off on their own. After showering a hairdryer can be useful to help dry the Steri Strips.
3. All of your sutures are dissolvable and will not need to be removed.
4. You will be unable to perform any heavy lifting or strenuous exercise for 4 weeks following your surgery.
5. Please call our office to make a follow-up appointment for 1 week after your surgery.
6. After you leave the hospital, there are a few things to watch during your healing process. If you see any of the following, please call St. Paul's hospital at 604-682-2344 and ask to speak to the plastic surgeon on call:
 - Leg swelling
 - Shortness of breath
 - Redness around your incisions
 - Increase pain in your chest
 - Increased pain around your incisions

If you have any questions during your post-operative course, please do not hesitate to contact Dr. Seal, or our office.